THE SIMPLIFIED DUCHARME METHOD

Adapted from Robert Ducharme R3X.

THE HACK

The modern relationship landscape is saturating us with weaponised terminology and endless, circular arguments.

The traditional mandate to “talk it out”—to sit down in the middle of a marital gridlock and endlessly air grievances—is a trap.

When you sit down to endlessly relive a fight, you are not resolving it.

You are actively driving a deeper track for that negative emotional loop, burning the resentment into your nervous system, and reinforcing systemic stuckness.

This method rejects slow, archaic communication lectures in favor of rapid, body-based spatial mechanics and high-efficiency linear consolidation. It is a quiet internal HACK designed to immediately stop you from being automatically triggered by a ‘situation’, a partner, a family member, a toxic workspace, or a light, lingering memory.

The Accumulated Registry of Spite In Any Relationship

In any marriage or long-term interaction, the mind naturally begins keeping an exhaustive ledger of spite.

You passively gather faults, collect silent grievances, and stack historical receipts just to prove yourself right.

This cumulative weight acts like fragmented, corrupt background data. It turns into passive-aggressive kitchen silences, ruined mornings, gridlocked interactions, and explosive arguments out of nowhere.

You do not need your partner’s cooperation or presence to clear this tension.

One person performing this ‘defrag’ alters the entire systemic field of the relationship.

It injects immediate breathing room into a locked dynamic. While both partners doing it individually is optimal, your own individual work is more than enough to dissolve the gridlock and restore your personal autonomy.

Step 1: THE RESOLUTION SEQUENCE

Find a quiet space, relax, and prepare to execute the protocol entirely within your own awareness. You will issue all prompts and commands out loud or say them to yourself quietly.

Isolate the frictional angst: Focus on the immediate person, marriage tension, miserable interaction, object, situation, an irritation with anything e.g politics, last weekend, hasles on the bus, whatever.

Do not overthink it.

However you instinctively hold the problem in your mind is exactly how your nervous system stores the stress.

Just tell yourself to :

“GET THE CONCEPT OF .....”

wait a bit while everything to do with the irritant or person, collates, in the background.

You’ll smile a bit when the entirety of ‘the thing’ turns into a concept. You’ll probably know when.

Step 2: GATHERED THE MASS, NOW CONTROL IT.

With this “little sort of energy mass” (the concept), speak each of these steps to yourself, in turn:

(Say mentally) “PUT THAT CONCEPT ABOVE ME.”

(Wait till you think maybe it has gone there; Acknowledge the placement, then say - “Thank-you”).

(Say mentally) “PUT THAT CONCEPT BELOW ME.”

(It’s put beneath your feet. Acknowledge the placement, then say - “Thank-you”).

(Say mentally) “PUT THAT CONCEPT TO MY RIGHT.”

(It Moves to your right. Acknowledge the placement, then say - “Thank-you”).

(Say mentally) “PUT THAT CONCEPT TO MY LEFT.”

(It then moves to your left. Acknowledge the placement, then say - “Thank-you”).

(Say mentally) “PUT THAT CONCEPT IN FRONT OF ME.”

(It Moves to the front of you. Acknowledge the placement, then say - “Thank-you”).

(Say mentally) “PUT THAT CONCEPT BEHIND ME.”

(You put it behind your back. Acknowledge the placement, then say - “Thank-you”).

Cycle through these steps. You’ll probably get the feeling of it moving about. Continue until you can move ‘it’ about easily, without trying too much.

Step 3: TIMELINE SCAN

Speak each of these steps to yourself, quietly:

“MOVE TO THE BEGINNING OF THAT”. Wait a bit, then say, “Thank you”.

Then,

“MOVE THROUGH TO THE END OF THAT”. Wait, as this happens.

You’ll feel a ‘little whirring’, maybe, as your subconscious does just that. Keep your attention relaxed. Don’t ‘peer in’ or ‘think anything’ until it’s done.

You sought of know when this is done, somehow. Wait a little longer to pass a final ‘hump’, then say, “Thank you”, to yourself.

Keep going forward a few times; “MOVE TO THE BEGINNING” ...”MOVE TO THE END” ....

Lastly; “MOVE TO THE END OF ‘THAT’”... “MOVE BACKWARD THROUGH ‘THAT’, END TO BEGINNING”.

Wait, and say, “Thank you”.

When you finish, you will notice that you feel different.

The memory does not seem to worry you anymore. The heavy emotional registry has lifted, leaving you unburdened and relieved.

CLEAN-UP AND GROUNDING

Clear the immediate session of mental work by issuing these final internal cues to yourself quietly:

“MOVE TO THE BEGINNING OF THE PERIOD OF TIME WHEN YOU STARTED WORKING ‘THIS’ SESSION”.

“Thank you.”

“MOVE THROUGH TO THE END OF ‘THIS’ PERIOD OF TIME.”

“Thank you.”

Scan through the block of the session itself once or twice until the act of processing feels freely integrated, neutral, and quiet.

Environmental Re-Orientation

Anchor yourself completely in the physical reality of the present room:

Look cleanly around your immediate physical environment.

Identify separate, objective items in the room (the edge of a table, a doorway, a book).

Quietly recognize that you occupy physical space with these objects to bring you back to present time.

Continue this grounding until you are ready to go on to the next time segment scan, or have a break.

THE LIFETIME SCANNING METHOD

This is a reauired strategic action to clean up your entire life timeline segment by segment.

The 4-Year Interval Realization

While you can map your life in five- or ten-year increments, you may quickly realize just how much residual attention weight, hidden frustration, and cognitive debris needs to be ‘defragged’.

Because of possible, heavy systemic drag, dropping the intervals down to tight 4-year blocks (e.g., Birth to 4 years old, 4–8, 8–12, 12–16, 16–20, 20–24, and forward to your current age) might provide the most thorough and powerful system clearance. Whatever you choose, is okay.

The Segment Execution Loop

Step A: Segment Isolation & Spatial Shift

Say to yourself quietly:

“GET THE CONCEPT OF THE PERIOD OF TIME BETWEEN [AGE ‘X’] AND [AGE ‘Y’].

wait for the concept ‘adding’ up in your subconscious. Keep present, relaxed, and try not to ‘wander’ by thinking while this is going on.

When you think you’ve got ‘it’, tell yourself ; “Thank you.”

Run that specific time interval through a spatial controlling sequence :

(Say mentally) “PUT ‘THAT PERIOD OF TIME’ ABOVE ME.”

(Wait till you think maybe it has gone there; Acknowledge the placement, then say - “Thank-you”).

(Say mentally) “PUT ‘THAT PERIOD OF TIME’ BELOW ME ‘.”

(It’s put beneath your feet. Acknowledge the placement, then say - “Thank-you”).

(Say mentally) “PUT ‘THAT PERIOD OF TIME’ TO MY RIGHT’.”

(It Moves to your right. Acknowledge the placement, then say - “Thank-you”).

(Say mentally) “PUT ‘THAT PERIOD OF TIME’ TO MY LEFT ‘.”

(It then moves to your left. Acknowledge the placement, then say - “Thank-you”).

(Say mentally) “PUT ‘THAT PERIOD OF TIME’ IN FRONT OF ME’.”

(It Moves to the front of you. Acknowledge the placement, then say - “Thank-you”).

(Say mentally) “PUT ‘THAT PERIOD OF TIME’ BEHIND ME.”

(You put it behind your back. Acknowledge the placement, then say - “Thank-you”).

Cycle through these steps. You’ll probably get the feeling of it moving about. Continue until you can move ‘it’ about easily, without trying too much.

Step B: Linear Block Transits

Speak each of these steps to yourself, quietly:

“MOVE TO THE BEGINNING OF THAT PIECE OF TIME”. Wait a bit, then say, “Thank you”.

Then,

“MOVE THROUGH TO THE END OF THAT PIECE OF TIME”. Wait, as this happens.

You'll feel a 'little whirring', maybe, as your subconscious does just that. Keep your attention relaxed. Don't 'peer in' or 'think anything' until it's done. You sought of know when this is done, somehow. Wait a little longer to pass a final 'hump', then say, "Thank you", to yourself.

Keep going forward a few times; "move to the beginning" ..."move to the end"'....

Lastly; "MOVE TO THE END OF THAT PIECE IF TIME"...

"MOVE BACKWARDS THROUGH THAT PIECE OF TIME, END TO BEGINNING".....(wait), then say, "Thank you".

Finish all the segments or time periods of your life.

Then;

"FROM MY BIRTH TILL NOW, MOVE THROUGH ALL THE INCIDENTS, WHERE I EXPERIENCED, OR CAUSED MYSELF TO EXPERIENCE; STRESS".

Wait, while you consciously and subconsciously, do this, then tell yourself; "Thank you."

"FROM MY BIRTH TILL NOW, MOVE THROUGH ALL THE INCIDENTS, WHERE I CAUSED ANOTHER OR OTHERS, TO EXPERIENCE; STRESS".

Wait, while you consciously and subconsciously, do this, then tell yourself; "Thank you."

"FROM MY BIRTH TILL NOW, MOVE THROUGH ALL THE INCIDENTS, WHERE OTHERS, ANOTHERS, OTHERS, OR THEMSELVES, CAUSED ME TO EXPERIENCE; STRESS".

Wait, while you consciously and subconsciously, do this, then tell yourself; "Thank you."

CLEAN-UP AND GROUNDING

Clear the immediate session of mental work by issuing these final internal cues to yourself quietly:

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“Thank you.”

“MOVE THROUGH TO THE END OF ‘THIS’ PERIOD OF TIME.”

“Thank you.”

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